



THE LANTERN



The Official Newsletter of the Northeast Region Staff College Civil Air Patrol

Sunday July 13, 2008

Director:
Lt Col Joseph Goldman

Deputy Director:
Lt Col Jack Ozer

Curriculum Coordinator
Lt Col Garry Metz

Officer of The Day:
Lt Col Garry Metz

PAO/ Editor:
Maj Paul Mondoux

Welcome

Welcome to the North East Region Staff College

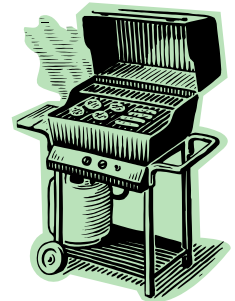
CONGRATULATIONS!!! You have chosen to take a very important step in your CAP career by devoting a week of your valuable time to improve your managerial and leadership skills. You will have an interesting week of lectures; seminar tasks; social activities; and leadership clinics, all designed to further your professional development in CAP; and your personal career.

What will you learn?
The RSC curriculum includes study in a wide array of areas including:

- ☐ Motivation
- ☐ Human Relations
- ☐ Team Dynamics
- ☐ Interpersonal communications
- ☐ Written communications
- ☐ Goal Setting
- ☐ Problem Solving
- ☐ Leadership
- ☐ Management
- ☐ Principals of organization

RSC courses are taught by a variety of highly qualified individuals including: CAP commanders, Air Force instructors, CAP members who teach professionally, and CAP members who are executives in their civilian careers. Each staff member is carefully screened and selected based on their experience.

A barbecue/picnic on Wednesday evening helps ease the stress of the hectic schedule felt by staff and students alike. For those willing to participate After the picnic, prepare to play (or cheer for) a great game of volleyball (staff vs. students). The staff has a remarkable record and we will be hard to beat.



Other activities will be conducted and are being planned for all to enjoy at the Picnic.

SAFETY

Is of Utmost importance

Do not compromise safety for
any reason

Report any problems to
Lt Col Christine StOnge



Dine Out—Ft DIX Club

Everyone must attend the formal military Dining-Out (be sure to bring the proper clothing – see Checklist). This is an excellent time to 'roast' the staff or students in a time-honored formal military manner. Candidates for Mess President and Mr./Ms Vice are chosen from the student body.



Welcome and have a great Week

What to Remember

NERSC

Points to remember

Always be on time

Uniform infringements

Customs and Courtesies

Speed Limit

Seat Belts

- **Always be on time.** If you are not 5 minutes early you are late.
- **Uniform infringements.** Police each other. Make sure your uniforms are worn properly
- **Customs and Courtesies.** Respect the Officers of the School and all service members; regardless of branch of branch or service. Respect each other.
- **Speed Limit** is strictly enforced
- **Seat Belts** are mandatory

• **Always Enter the auditorium from the Rear Entrance**

• **Always leave the auditorium from the Side Entrance**

• **Keep off the Grass.** Use the Sidewalks

• **Respect the American Flag**
Keep your MSA with you at all times

"The Lamplighter"



The Lamplighter is awarded to the student that has shown the most enthusiasm, Exemplified the sprite of the college and

contributed the most to the college.

"We often wonder how we are perceived and wonder if we are appreciated. The Lamplighter should tell the student how admired they are and that their fellow students recognize their hard work. From the staff's point of view, we will remember the Lamplighter with respect every time we here their name."



Maj McGuire was born in Ridgewood NJ, Grew up in Sebring FL and attended college at Georgia Tech. He left Georgia Tech after 3 years and joined the Army Air Corps in 1941.

The Majors first combat assignment was flying a P39 Air Cobras in the Aleutian Theater of Operations. Later retrained on the P-38 Lightning he was assigned to the 5th Air Force 49th fighter Group and then the command of the 431st Fighter squadron.

The P-38 Lightning he flew was our countries only fighter in operational production from the start to through the end of WWII. So innovative and fast was the P-38 it set a cross country speed

record from CA to NY of 7:02 in 1939. P38's sported two 12 cylinder Allison [V-1710-111/113](#) liquid-cooled turbo supercharged 1,600 hp engines.

Famed Aviator Charles Lindberg flew the P-38 in the Pacific with Maj McGuire. It is said he even shot down an enemy aircraft.

Maj McGuire became one of the 1st ACEs in 2 Days by downing 3 enemy aircraft and two on the next day. He would later make news by downing 7 aircraft in two days. Such was his pursuit of tying Maj Richard Bong's record of 40 that brought Maj McGuire to his demise.

On 7 January 1945 Maj McGuire in his pursuit of an enemy aircraft over Negros, crashed as a result of a low speed stall.

Maj Thomas B. McGuire U.S. Army Air corps was awarded the Medal of Honor, Distinguished Service Cross 3 Silver Star, 6 Distinguished Flying Cross and 3 Purple Hearts.

General Information

1. HISTORY: The National Staff College program was established at Maxwell AFB in 1969 in an effort to provide advanced training for members of Civil Air Patrol in the areas of leadership, management and communication skills. The Maxwell Program utilized the USAF Squadron Officers School facilities and instructors from the Air University and NCO Academy at Gunter AFB. During the first five years, the program was expanded to accommodate up to 200 students each summer. Due to the large number of students desiring to attend and increasing airlift problems, the Pacific Region began a second college in the summer of 1972.

In 1975, a Seminar, made up of Region and Wing Commanders, recommended an even greater expansion of the program. The National Executive Committee acted upon the recommendation and two additional National Staff Colleges were established in 1976; the Eastern Staff College and the Central Staff College.

In 1979, the Eastern Staff College became the Middle East Region Staff College and the Northeast Region Staff College. NERSC was held on the campus of Worcester State College in Worcester, MA until it moved to the NCO Academy at McGuire AFB in 1986.

2. PURPOSE: Region Staff College helps prepare selected CAP officers to better execute the duties and responsibilities associated with CAP command and staff positions at the Wing level and above; while the National Staff College is executive level training for CAP officers who aspire to high-level leadership positions.

3. OBJECTIVE: The course curriculum is designed to increase the students ability to solve problems encountered in daily CAP operations through the techniques of motivation, leadership, management, goal setting, oral and written communications. These skills have been proven to be invaluable in all aspects of a student's life.

4. DIPLOMA REQUIREMENTS: The only guarantee a student has for receiving a diploma from NERSC is 'full participation'; 'on-time attendance' in all classes/activities and compliance with the following:

- a) Behavior must be above reproach at all times. It should reflect your pride in CAP, in or out of uniform, on or off the Base,
- b) No sleeping in class. NERSC does not have a curfew, but it is highly recommended that you set one for yourself to get a reasonable amount of sleep at night.

Anything less could result in a student's early discharge from the college (with notification to their Wing Commander that they have not completed this course).

Posture

What are the effects of poor posture?

The effects of poor posture include fatigue, weakness and tightness. Over time poor posture can cause muscle and connective tissue damage.

In a sitting position, poor posture usually takes the form of slouching. Gravity then pulls the shoulders down creating pressure on the spine and compressing the front of the torso and chest. Poor posture creates a situation in which the body must compensate for gravity pulling down on its structure.

How can You improve your posture?

It's important to sit and stand with straight (aligned) posture. When you do this, gravity pulls down in a straight line through your body (upper body when sitting) and there is no strain on your body to compensate for unaligned areas.

How can You stop slouching?

If you have developed the habit of slouching, you can stretch your way to better posture. Breaks can include exercises such as Arm Stretch, Overhead and Alignment Stretches.

Vision, enthusiasm,
commitment,
compassion , and
resourcefulness are
valuable characteristics.

Excerpt from THE UNIFORM of MY COUNTRY

“Without a word this uniform also whispers of freezing troops, injured bodies, and Americans left forever in foreign fields. It documents every serviceman's courage, who by accepting this uniform, promises the one gift he truly has to give: his life. I wear my uniform for the heritage of sacrifice it represents and more. I wear my uniform with pride for it represents the greatest nation of the free people in the world”

NERSC Staff

Director LtCol Joseph Goldman	ETA Deputy Curriculum Co-ordinator LtCol Barry Metz	LG Logistics/Transportation Officer Maj Warren Ratis
CD Deputy Director LtCol Jack Ozer	ETS Seminar Advisor Maj John Bradley	PAO Public Affairs Officer Maj Paul Mondoux
CDA Adjutant LtCol William Bernfeld	ETS Seminar Advisor Maj Leonard Schindler	PAP Photographer Maj Warren Ratis
CS Support Coordinator LtCol Dennis Bannon	FM Finance Officer Maj Darlene Bentley	SE/SO Safety/Medical Officer LtCol Christine St Onge
DA Administration Officer Maj Frank Monaghan	IG Lead Evaluation Officer LtCol William Ankerstjerne	XP Protocol Officer LtCol Marianne Ferland
DC Communications Officer Maj Warren Ratis	IGA Evaluation Officer LtCol Henry Beck	
ET Curriculum Coordinator LtCol Gary Metz	IGA Evaluation Officer Col Robert Diduch	

LIEUTENANT COLONEL JOSEPH GOLDMAN

LtCol Joseph Goldman is Director of the 2008 Northeast Region Staff College; at McGuire AFB, NJ. LtCol Goldman attended the Staff College in July 1996; and has served on staff for 11 years. During that time, he has held staff positions as Evaluator, Seminar Advisor, Deputy Curriculum Coordinator, and Curriculum Coordinator. He completed the CAP National Staff College in October 2001.

LtCol Goldman's CAP career started as a cadet, where he earned the Amelia Earhart award. While attending the University of Hawaii, he was involved in the AF ROTC program. He returned to CAP as a senior member in 1991, joining the Rome Composite Squadron at Griffiss AFB, Rome NY. In 1997, LtCol Goldman moved to Binghamton, NY and joined the staff of South Central Group; where he also served as commander of the Binghamton Cadet Squadron. On June 1, 2006 – LtCol Goldman assumed the role of commander for South Central Group.



In addition to his command assignments, LtCol Goldman has held various staff positions; including Emergency Services officer, Cadet Programs officer, and Professional Development officer. He has also been a director for Squadron Leadership Schools and the Corporate Learning Course. He is a qualified Mission Observer, Ground Team Leader, and

Ground Branch Director. In 2004, LtCol Goldman earned the prestigious Gill Robb Wilson award. Professionally, LtCol Goldman holds 3 college degrees – including a Masters of Science in Computer Technology Management. He is employed at the State University of New York campus in Binghamton; as a Director of Technology. He sits on the executive board of the United University Professions union; chairing the committee for professional development. In June 2005, LtCol Goldman was elected as a senator to the State University of New York Faculty Senate. He represents academic professionals at 4 SUNY campuses; and sits on the technology advisory committee.

CAP DECORATIONS AND AWARDS:

Meritorious Service Medal

Commander's Commendation Award with three bronze clasps

Unit Citation with four bronze clasps

Gill Robb Wilson Award

Brig Gen Charles E. "Chuck" Yeager Award

Command Service Ribbon with one bronze star

Red Service Ribbon with three bronze clasps

Amelia Earhart Award

Staying Cool When It Matters

What is Heatstroke?

Heatstroke is a life-threatening illness that occurs when a person's body temperature rises to 105 degrees Fahrenheit. Even if it doesn't cause death, it can cause permanent brain damage, as the cells in the brain are literally boiled. If the heat persists, other organs in the body will begin to shut down also. Muscle cells and blood vessels are destroyed, and if the heatstroke goes untreated, the victim will die.



There are two types of heat stroke and they usually affect different types of people:

Nonexertional heatstroke occurs when a victim is inactive and exposed to too much sun. Victims often are those who are more vulnerable to illness such as small children, people with chronic illnesses, and the elderly. These people usually have a decreased ability to regulate their body temperature and therefore are more likely to become overheated.

Exertional heatstroke occurs in otherwise healthy people when they are active outside during periods of high temperature. Frequently, young people think that they're not vulnerable to illnesses such as heatstroke. But think about the many young athletes who die while practicing or playing during times of extreme outdoor temperature.

Warning Signs

Before heatstroke, people usually experience warning signs known as heat exhaustion. The symptoms of heat exhaustion include headache, nausea, vomiting, muscle cramps, and fatigue. These are symptoms that people suffer as a result of a number of sicknesses of the body, so it is important that you recognize if your symptoms are or are not related to the heat. If they are, get yourself to a cool place. If someone suffering from heat exhaustion is not treated, they will quickly develop a potentially deadly case of heatstroke.

Once the heatstroke has set in, victims will become confused and irritable. In most cases, they will begin to suffer from delusions, hallucinations, and even seizures. Usually this indicates that the damage has already been done. If the victim's body temperature is not lowered immediately, they may slip into a coma and die.

How to Stay Safe

The most important thing you can do is to keep yourself cool.

Be sure to stay well hydrated in the heat. It is recommended that you drink more than twice the amount of water that you would on a normal day. Wear lightweight clothing and rest often. Pay attention to your body, and never ignore the onset of early symptoms such as headache and fatigue.

Don't take chances. Drink lots of water, stay hydrated and try to keep cool.



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2008 NORTHEAST REGION STAFF COLLEGE - DAILY SCHEDULE

	SATURDAY July 12	SUNDAY July 13	MONDAY July 14	TUESDAY July 15	WEDNESDAY July 16	THURSDAY July 17	FRIDAY July 18	SATURDAY July 19		
0600	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	0600	
0745			Home Room	Home Room	Home Room	Home Room	Home Room		0745	
0800			Formation	Formation	Formation	Formation	Formation	LODGING CHECK OUT	0800	
0830			General Assembly	General Assembly	General Assembly	General Assembly	General Assembly		0830	
0900		STAFF: Report to ALS Facility	LECTURE Human Relations	LECTURE CAP Written Communication	LECTURE Activity Planning	SEMINAR Student 10-Minute Speeches (Seminar Rooms)	LECTURE Keystone Project Briefings (Lecture Hall)	SEMINAR Seminar Room Cleanup & Final Evaluations	0900	
0930									0930	
1000	STAFF MEETING ALS Facility	STUDENTS: Report to ALS Facility	SEMINAR Human Relations	LECTURE Team Development	LECTURE Generation "Y"	LECTURE Embracing Diversity	LECTURE Using E-Services Management Tools	GRADUATION	1000	
1030		OPENING CEREMONY								
1100		LECTURE Formation & Inspection Customs/Courtesies	LECTURE Managerial Communications	LECTURE Time Management	LECTURE Leadership & Followership	LECTURE LUNCH	LECTURE LUNCH	Students Depart McGuire AFB	1100	
1130										
1200	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	ENJOY THE REST OF SUMMER !!!	1200	
1300										
1330	Students begin arriving at McGuire	LECTURE Safety & ORM	SEMINAR Managerial Communications	LECTURE Goal Setting	LECTURE Leading Volunteers	LECTURE Functions of Management	LECTURE Introduction to AFIDL		1330	
1400		LECTURE Group Dymanics	LECTURE Public Speaking for Managers	SEMINAR Goal Setting			LECTURE ES Topic		LECTURE Dining Out Instructions	1400
1430										
1500									1500	
1530			SEMINAR Group Dymanics	SEMINAR Effective Communication	LECTURE Problem Solving & Critical Thinking	SEMINAR Leadership			1530	
1600									1600	
1630	STAFF DINING OUT	RETREAT (Practice)	LECTURE Officership Clinic	SEMINAR Problem Solving	Student Photos	SEMINAR Keystone Project Preparations	STUDENTS: Dismissed to prepare for the Dining Out		1630	
1700		FLAG LOWERING	FLAG LOWERING						STUDENTS: Dismissed to prepare for Picnic	
1730			DINNER	DINNER	DINNER				DINNER	
1800	STUDENT REGISTRATION ALS Facility ICE BREAKER	DONE FOR THE DAY	DONE FOR THE DAY	DONE FOR THE DAY	SOCIAL ACTIVITY Picnic Dix Recreation Center	DONE FOR THE DAY	SOCIAL ACTIVITY Dining Out Club Dix			1800